Strengthening Families Program by Dr. Karol Kumpfer

Routines Reduce Stress

Positive routines reduce chaos, and foster freedom and peace! Establishing healthy routines reduces family stress, improve children's emotional health, and assures that the things most important to you get done. Here you will write your current routine, or a routine you think would work well for you all to get everything done during the week.

Write your weekday routine below.

My Week-Day Routine:

Bed Time:

What time do you go to bed? *List all bedtimes:*

Name 88:88

Name 88:88

Name 88:88

Name 88:88

Wake-up:

What time do you wake up? 88:88

Make sure you give yourself enough time to comfortably get ready! Consider what you do to get ready: Get dressed, brush your teeth and hair, pack your bag, drive or walk, eat breakfast, what else?

Homework:

What time do you get home? 88:88

After a day of working or going to school, kids needs to do any homework assigned. ALL of you also have chores. Things like grocery shopping, laundry, cleaning, caring for pets, etc.

Done:

Once kids have completed thier responsibilities, it's important for them to have time doing something they enjoy. It may be getting together with friends, playing outside, reading a book, doing a hobby, or playing a game with someone in the family.

Dinner:

When does your family eat dinner? 88:88

Family dinners are a good time to share values and bond. Make mealtime pleasant: Don't allow criticism at the dinner table, use a Conversation Jar, and share kind deeds you've done.

What Else?

What else is important to fit into your family's routine? List anyhting that is important to any family member, and a time that may make sense.

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